

## STRAIGHT-AHEAD LAT PULL-DOWN

Straight-Ahead Lat Pull-Downs are easier than overhead lat pull-downs. They strengthen the mid- and low back, and they also develop arm strength.

### **Benefits »**

- ⦿ Strengthens low and midback muscles.
- ⦿ Incorporates tall sitting into a classic strength exercise.
- ⦿ Aids everyday tasks, such as opening doors or carrying objects.

### **Set It Up »**

Each participant will need a Thera-Band for this exercise.

### **How to Do It »**

#### **The Start**

- ⦿ Participants sit tall with their back away from the chair back, shoulders over hips, abs in, and ribs lifted.
- ⦿ Hold the middle part of Thera-Band out in front at shoulder height. Participants can wrap the band around the palms of their hands; it's easier for those with arthritic hands. Arms are straight and hands are about shoulder-width apart.



#### **The Moves**

- ⦿ Participants pull their straight arms back, until they are laying the band across the chest and have greatly increased the distance between the two hands.
- ⦿ At the end point, hands are out wide to the sides. The band touches the chest at the collarbone.
- ⦿ Hold a moment.
- ⦿ Repeat 8 to 15 times, as tolerated.

### **Take It Further »**

- ⦿ Increase repetitions, up to 15 repetitions.
- ⦿ Tighten up on the band or use a band with greater resistance.
- ⦿ Slow the motion down.
- ⦿ Hold the end point a little longer.

### **Give It More Balance »**

- ⦿ Sit at the edge of the chair.
- ⦿ Sit at the edge of the chair with feet offset and heels lifted.
- ⦿ Cross the ankles and hold the feet up, just off the ground.
- ⦿ Sit on a balance disc (*only* if the chairs have arms).
- ⦿ Close eyes (*only* if chairs have arms).

### **Keep It Safe »**

Encourage participants to maintain tall sitting throughout in order to maintain core stability. Do not combine closed eyes with sitting on a balance disc unless you are training one on one.